

SUN	MON	TUE	WED	THUR	FRI	SAT	
	<b>1</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>2</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>3</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>4</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>5</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>6</b>	
<b>7</b>	<b>8</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>9</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>10</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>11</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>12</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>13</b>	
<b>14</b>	<b>15</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>16</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>17</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>18</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>19</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>20</b>	
<b>21</b>	<b>22</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>23</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>24</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>25</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>26</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>27</b>	
<b>28</b>	<b>29</b> 9:00 AM Kickin it with Kelly (WR) 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>30</b> 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	<b>LOCATION KEY</b> PM - Prairie Point Model Home WR - Wellness Room				

# June 2026

Wellness Calendar